

Grab & Go Workouts

Presented by the Fitness Centers

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Name of Workout:	Armored Abs
Primary Target Area:	Core
Approximate Time:	30-45 minutes
Skill Level:	Intermediate-Advanced

Warm-up: 5 minute jog

Exercise Routine

Exercise	Reps/Time	Rest Interval	Notes
1- V-up	30sec	none	
2- Side plank (right)	30sec	none	
3- Plank	30sec	none	
4- Side Plank (left)	30sec	2-5 minutes	Repeat exercises 1-4 two more times
5- Diagonal mountain climbers	30sec	none	
6- Double-cross reach	30sec	none	
7- Russian twist	30sec	none	Dumbbell optional
8- In-and-Out Abs	30sec	2-5 minutes	Repeat exercises 5-8 two more times
9- Pike (leg raise)	30sec	none	
10- Circles (right)	30sec	none	
11- Circles (left)	30sec	none	
12- Bicycle Crunch	30sec	2-5 minutes	Repeat exercises 9-12 two more times

Cool Down: Cobra pose and butterfly stretch

Additional Notes:

This is a High Intensity abdominal workout with little rest and is therefore a challenge. Each 4 exercises are considered 1 round so do 3 rounds of the four exercises before moving on the next four.

Questions or Comments? Please e-mail fitness@oswego.edu



Sample Diagrams



CIRCLES



COBRA POSE